APPENDIX - D

PRESUMPTIVE STRESSFUL LIFE EVENTS SCALE

(PSLE SCALE)

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td>Name of the ward</td>
</tr>
<tr>
<td>Bed strength</td>
<td></td>
</tr>
</tbody>
</table>

INSTRUCTIONS

Given below a list of common life events which are experienced by almost everyone at some time or other in their life. Kindly put a tick mark (✓) against all those events that you may have experienced during the past one year in col.1 and those you have experienced at any time prior to that in your life in col.2.

<table>
<thead>
<tr>
<th>NO.</th>
<th>Life Event</th>
<th>Fast 1 year</th>
<th>Life Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Going on a pleasure trip or pilgrimage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Wife begins or stops work.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Change in eating habits.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Change in social activities.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
5. Reduction in number of family functions.
6. Gain of new family members.
8. Change in sleeping habits.
9. Change in working conditions or Transfer.
10. Retirement.
11. Begin or end schooling.
12. Outstanding personal achievement.
13. Change and expansion of business.
14. Change in residence.
15. Unfulfilled commitments.
16. Trouble with neighbour.
17. Getting married or engaged.
18. Appearing for examination or interview.
19. Failure in examination.
20. Death of pet.
21. Major purchase or construction of house.

22. Break up with friend.

23. Family conflict.

24. Minor violation of law.

25. Marriage of daughter or dependent sister.

26. Large loan.

27. Lack of son.

28. Self or family member unemployed.

29. Sexual problems.

30. Conflict over dowry (self or spouse).


32. Prophecy of astrologer or palmist etc.

33. Trouble at work with colleagues, superior or subordinates.

34. Illness of family member.

35. Financial problems.
36. Son or daughter leaving home.
37. Major personal injury or illness.
38. Broken engagement or love affair.
39. Conflict with inlaws (other than over dowry).
40. Excessive alcohol or drug use by family member.
41. Robbery or theft.
42. Death of friend.
43. Property or crops damaged.
44. Marital conflict.
45. Death of close family member.
46. Lack of issue.
47. Detention in jail of self or close family member.
48. Suspension or dismissal from job.
49. Marital separation or diverse.
50. Extramarital relations of spouse.
51. Death of spouse.